



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

PAY THE DAY...

SAVE UP TO \$74!

On January 1<sup>st</sup> enrollment  
fee is \$1. On the 2<sup>nd</sup> pay \$2  
and so on.

Don't Wait! Sign up today  
and save BIG!

# ONLY AT THE Y

YOU JOIN A FAMILY COMMUNITY

There's a unique combination at the Stateline Family Y. It's a place where the community comes together to connect, play, and discover new things. The Y offers comprehensive healthy living and learning experiences for adults and kids, from fitness equipment and team sports, to creativity classes exploring music and art.



**Stateline Family YMCA**  
**2012 Winter & Spring Program Guide**  
**Look What We Can Do For You!**

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## BUILDING HOURS

### Beloit

Mon-Thurs 5:00AM-9:30PM  
 Friday 5:00AM-8:30PM  
 Saturday 6:30AM-5:00PM  
 Sunday 9:00AM-5:00PM

1865 Riverside Drive  
 Beloit, WI 53511  
 (608) 365-2261

### Roscoe

Mon-Thurs 5:00AM-9:30PM  
 Friday 5:00AM-8:30PM  
 Saturday 7:00AM-5:00PM  
 Sunday 9:00AM-3:00PM

9901 Main Street  
 Roscoe, IL 61073  
 (815) 623-5858

Visit us @  
[www.statlinefamilyymca.org](http://www.statlinefamilyymca.org)

## HERE TO SERVE YOU

Doug Britt	CEO/Executive Director
Paula Bartz	Director of Program Services
Amy Bishop	Director of Child Care - Beloit
Trisha Dunaway	Director of SAC & Day Camps
Marianne Eshleman	Director of Member Service
Ann Hankins	Director of Health & Wellness
Wendy Huhn	Membership/Payroll Administrator
Jennifer McClone	Director of Aquatics & Gymnastics
Sherman Morrison	Director of Custodial Service
Karen Murray	Director of Child Care - Roscoe
Kurt Pedersen	Director of Youth Sports
Tina Rogstad	Executive Administrative Assistant



**PROGRAM SESSION DATES:**  
 Session I: January 2-February 19  
 Session II: February 20-April 15  
 (No classes April 2-8)  
 Session III: April 16-June 3

**REGISTRATION DATES:**  
 Members can register now!  
 Community Participants register 1 week prior to session start date.



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# MEMBERSHIP

- 1 Membership at 2 Locations
- Unlimited Access During Facility Hours
- Early Program Registration
- Reduced Class Fees
- Free General Adult Land/Water Fitness Classes
- Free Use of Drop-In Child-Care

## MISSION STATEMENT

The Stateline Family YMCA is a not-for-profit, charitable association dedicated to developing the Spirit, Mind, and Body of all persons in a positive, healthy, Christian environment through quality leadership, programs, services, and facilities.

### Beloit

- 6-lane, 25-yard Indoor Pool
- 2 Gymnasiums
- Indoor Running/Walking Track
- 3 Racquetball Courts
- Life Center
  - Cardio & Strength Training Room
  - Free-Weight Room

### Roscoe

- Gymnasium
- Indoor Running/Walking Track
- Life Center
  - Cardio & Strength Training Room

Membership Type
Youth (Ages 5-14)
Young Adult (Ages 15-23)
Adult (Ages 24-64)
1 Adult with Children Household
2 Adult Household
2 Adults with Children Household
Sr. Adult (Ages 65 and up)
2 Sr. Adult Household



Your Strong Kids Campaign support means that we (YMCA) can fulfill this mission. Your donation will help provide a child with safe quality after school care, it CAN send a child to summer camp, CAN provide a Y family membership to families faced with economic challenges, CAN provide a child swim lessons and WILL build positive self-esteem in children.

Your donation can make a tremendous difference in the life of one or more families who are going through tough economic times. While the decision to give, of course is a personal one, the generous response you provide today means that the YMCA will be there if someday you, your family, a co-worker or a friend ever need our help.

Your generous assistance helps ensure that our children – the hope of America’s future – are strong because our services will continue to be available to all children in need. Please show your commitment. Visit the YMCA website [www.statelinefamilyymca.org](http://www.statelinefamilyymca.org) and click on donate now button. Thank you in advance for your support.

## Give A Child A Chance To Shine



# SOCIAL RESPONSIBILITY

## SPECIAL EVENTS

### Cascade Mountain Ski Trip

Join us for a day of fun at Cascade Mountains. The trip includes a lift ticket, rental package, helmet and beginner lessons (lessons are for those 10 years of age and above). Must be pre-registered, meet at Cascade Mountain at 9:00AM and ski until 4:30PM.

January 13

March 2

Fee: \$25/individual

### Blood Drive - Roscoe

February 21 from 2:00-7:00PM

### Healthy Kids Day - Beloit

On Saturday, April 28, the STATELINE FAMILY YMCA invites kids and parents to make a "play date" at the YMCA's Healthy Kids Day. As the leading nonprofit for strengthening community, the Y holds Healthy Kids Day to bring families together to engage in fun, active play, and learn healthier habits that help them grow and thrive. Activities are FREE and open to all.

### Cross Country Ski Lessons (8years and older)

January 15 from 1:00-3:00PM

Location to be announced

Y Member \$30

General Public \$40

Family Up to 5 people \$120

### Snowshoe Clinic and Hike (8years and older)

January 29 from 1:00-3:00PM

February 12 from 1:00-3:00PM

Location to be announced

Y Member \$30

General Public \$40

Family Up to 5 people \$120

### Kayaking Quick Class (8years and older) - Beloit

January 22 from 3:30-5:30PM

March 18 from 3:30-5:30PM

Y Member \$20

General Public \$25

### 23<sup>rd</sup> Annual Wellness Biathlon - Beloit

Run 2 miles, Bike 11 miles, Run 2 miles. Enter as an individual or as a team!

Race starts / finishes at the Beloit Memorial Hospital.

SATURDAY, MAY 19

Pre-Registration Fees:

\$35.00 Individual \$70.00 Team

### Splash-Spin-Stride - Beloit

Mini Indoor Triathlon, Swim ¼ mile, Bike 5 miles, Run 3 miles. This event is held in heats of 6 and run at 40-minute intervals.

FEBRUARY 26 starting at 7:00AM

\$20/Individual

\$25/Individual with timer

### Jellybeans Camp - Beloit/Roscoe

A special event for your preschooler! Jellybeans camp is offered during Spring break week at both YMCA's. Camp runs from 9:00-11:30AM. Call the YMCA for more information.

### Easter Egg Splash -Beloit

Come join us for our annual Easter Egg Hunt in the pool! Children will retrieve eggs from the pool for prizes. Afterwards we will have pretzels and punch in the lobby. Children under the age of 7 must have an adult in the water with them.

SATURDAY, March 31 (1:00-2:00PM)

YMCA Member \$4

General Public \$8

### Splash Swim Lessons - Beloit

A special 4-day event for the community. This program is for the beginner swimmer. Basic skills are taught along with beach, pool and boating safety. Registration begins May 1<sup>st</sup> and spots are limited.

JUNE 5 - 8 (Monday through Thursday)

Fee: \$6/child

## Upcoming Events:

Little Chefs  
Little Scientist  
Kids Night Out  
Family Arts Night

Please call the Y for more information.



Visit us @

[www.statlinefamilyymca.org](http://www.statlinefamilyymca.org)



# YOUTH DEVELOPMENT



**Amy Bishop**  
**Director of Childcare – Beloit**  
 (P) (608) 365-2261  
 (E) ABishop@statelinefamilyymca.org



**Karen Murray**  
**Director of Childcare – Roscoe**  
 (P) (815) 623-5858  
 (E) KMurray@statelinefamilyymca.org



**Trisha Dunaway**  
**Director of After School Care & Day Camp**  
 (P) (608) 365-2261  
 (E) TDunaway@statelinefamilyymca.org

The Stateline Family YMCA is committed to youth development. We believe every child and teen deserve the chance to reach his or her full potential. At locations throughout the Stateline, we offer licensed child care, after-school programs, day camps and other activities to give children of all ages a safe and nurturing place to learn, grow, and thrive.

## CHILD CARE

### Year Round Full Day and Part Day Childcare

These full and part day programs offer year round childcare Monday – Friday, to accommodate your schedule. Accepting registrations year round. Call for current openings and rates.

#### Beloit

Infant Care	2 weeks-24 months	7:00AM-5:30PM
Toddler Care	24 months-36 months	7:00AM-5:30PM
Preschool Care	3,4 and 5 years old	7:00AM-5:30PM

#### Roscoe

Preschool Care	3-6 years old	7:00AM-6:00PM
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\$35 non-refundable/non-transferable registration fee per child is required for all Full and Part Day Child Care.

## PRESCHOOL

### Growing Tree Preschool Program

This is a two and a half hour educational program for 3-5 year olds. Growing Tree Preschool is a 9 month program that runs from September-May. Registration is open for the 2011-2012 school year. Call for current openings and rates.

#### Beloit and Roscoe

M/W/F	4-5 years old	9:00AM-11:30AM
M/W/F	4-5 years old	1:00PM-3:30PM
T/TH	3-4 years old	9:00AM-11:30AM
T/TH	3-4 years old	1:00PM-3:30PM

#### Friday Family Nights – Beloit

Family night provides programs for the whole family: swimming, arts & crafts, gym time, group games and more  
 Friday 6:00-8:30PM (December-January)  
 Y Members Free                      General Public \$5/Family

## SCHOOL AGE CARE

### YMCA After School Program

The Stateline Family YMCA offers quality before and afterschool programs designed for ages 5-12, based on the four core values of caring, honesty, respect and responsibility. We offer developmentally-appropriate activities that will enhance your child's confidence, enrich his or her social and physical development and encourage self expression. Our program includes arts and crafts, individualized help with homework, group games, outside play and more for children attending Beloit public schools, Clinton, Powers, Shirland, Prairie Hill, Whitman Post and Rockton Grade School.

### Fun Days

Are you looking for a fun, safe environment for your child when school is closed for holidays? Bring your child to YMCA Fun Days. This program is designed for children ages 5-12. Children participate in a variety of activities including group games, swimming, arts & crafts, gym time, etc. Fun Days are open from 7am-6pm at the Beloit branch. Morning and afternoon snack provided.

YMCA Members \$25  
 General Public \$30





# YOUTH DEVELOPMENT



**Jennifer McClone**

**Director of Aquatics and Gymnastics**

(P) (608) 365-2261

(E) JMcClone@statelinefamilyymca.org

Our programs are about more than just the techniques and skills. They are about nurturing swimming skills, developing self-esteem and creating positive experiences that will last a lifetime. When it comes to swimming and water safety, no one is trusted more than the YMCA, America's Swim Instructor. In fact, group swim instruction was developed by the YMCA in 1906.

## SWIM LESSONS

### Parent Child Lessons

#### Shrimp (6 - 18 Months)

TH 10:00-10:30AM

SAT 9:00-9:30AM

#### Perch (18 - 36 Months)

TH 9:30-10:00AM

SAT 9:35-10:05AM

SAT 10:20-10:50AM

#### Parent & Me - Gym & Swim

(18 - 36 Months)

T 6:00-7:00PM (session III)

TH 9:00-10:00AM

### Swim Lesson Sessions

#### Session I

January 2-February 19

#### Session II

February 20-April 15

(No classes April 2-8)

#### Session III

April 16-June 3

### 1-Day/Week/Session

Y Member \$30/session

General Public \$50/session

### \* Low Enrollment Classes/Session

(4 students to 1 instructor)

Y Member \$42/session

General Public \$64/session

**NEW 7 Week Sessions!**

### Preschool (3-5 Years)

#### Pikes - Beginner

M 4:00-4:30PM

M 6:30-7:00PM

T 4:00-4:30PM

W 4:00-4:30PM

TH 4:00-4:30PM

\*SAT 9:00-9:30AM

SAT 9:35-10:05AM

SAT 10:20-10:50AM

SUN 1:00-1:30PM

#### Eels - Advanced Beginner

M 4:00-4:30PM

M 6:30-7:00PM

T 4:00-4:30PM

W 4:00-4:30PM

TH 4:00-4:30PM

\*SAT 9:00-9:30AM

SAT 9:35-10:05AM

SAT 10:20-10:50AM

SUN 1:00-1:30PM

#### Advanced Eels - Intermediate

M 4:00-4:30PM

M 6:30-7:00PM

W 4:00-4:30PM

SAT 10:20-10:50AM

#### Rays - Advanced

M 6:30-7:00PM

T 4:00-4:30PM

TH 4:00-4:30PM

\*SAT 9:00-9:30AM

### Youth (6years-12years)

#### Polliwog I - Beginner

M 4:35-5:15PM

M 7:05-7:45PM

T 4:00-4:40PM

W 4:35-5:15PM

TH 4:00-4:40PM

SAT 9:35-10:15AM

SAT 11:00-11:40AM

SUN 1:30-2:10PM

### Youth (6-12 Years)

#### Polliwog II - Advanced Beginner

M 4:35-5:15PM

M 7:05-7:45PM

T 4:00-4:40PM

W 4:35-5:15PM

TH 4:00-4:40PM

SAT 9:35-10:15AM

SAT 11:00-11:40AM

SUN 1:30-2:10PM

#### Guppy - Intermediate

M 4:35-5:15PM

M 7:05-7:45PM

T 4:45-5:25PM

W 4:35-5:15PM

TH 4:45-5:25PM

\*SAT 9:35-10:15AM

SAT 11:00-11:40AM

#### Minnow - Advanced Intermediate

M 4:35-5:15PM

M 7:05-7:45PM

T 4:45-5:25PM

W 4:35-5:15PM

TH 4:45-5:25PM

SAT 11:00-11:40AM

#### Fish - Advanced

M/W 4:35-5:15PM

M 7:05-7:45PM

T 4:45-5:25PM

TH 4:45-5:25PM

SAT 11:00-11:40AM

#### Flying Fish/Shark - Advanced

M 4:35-5:15PM

M 7:05-7:45PM

T 4:45-5:25PM

W 4:35-5:15PM

TH 4:45-5:25PM

SAT 11:00-11:40AM

#### Swim Club - Advanced

T/TH 4:30-5:30PM

# YOUTH DEVELOPMENT

## SPECIALTY SWIM PROGRAMS

### **Tumble & Swim** (3 - 5 Years Old)

**Tuesday 9:30 - 11:00AM**

A chance for your child to tumble in the gymnastics center then proceed to the pool for a ½ hour swim lesson.

### **Friday Playmates** (3 - 5 Years Old)

**Friday 9:30 - 11:30AM**

Arts & crafts and gym activities. This class will also go to the pool for a ½ hour swim lesson.

### **Craft -N- Splash** (6-10 Years Old)

**Friday 4:00-5:15PM**

Join Miss Jennifer and Miss Whitney for craft and swim time each week. Classes run on a 3-week session and will be themed. All craft supplies are included. After crafting the group will head to the pool for some water fun!

### **Youth Swim -for- Your Life Club** (8-16 Years Old)

**Wednesday 6:30-7:30PM**

For those who have reached the Fish level of our swim program or have swam on a swim team. This is a lap swim time just for our youth ages 10-16. We will post a work-out and log your mileage. Once you hit 100 miles your name will be added to our Swim-4-Life plaque.

### **Synchronized Swimming Class** (8-12 Years Old)

**Wednesday 6:30-7:15PM**

For those who have reached the Fish level of our swim program and would like to learn basic synchronized swimming skills. Synchronized swimming is a hybrid form of swimming, dance and gymnastics. You will gain strength, endurance, flexibility, grace, artistry and precise timing, as well as breath control.

### **YMCA Birthday Parties** (Ages 4 and up)

All parties are held on Saturday and Sunday afternoons. To schedule your child's next party call Jennifer McClone at (608)365-2261.

#### **Basic Party (2-Hours)**

Swim, cake, beverage and open up gifts

#### **Party Plus (2½ Hours)**

Swim, cake, beverage, gym/gymnastics time, open up gifts, & party favors for all children

### **Teen/Adult Lessons** (13+)

**Monday 7:45-8:30PM**

Designed for those who are in need of beginner level instruction, and those who want to improve their strokes and continue to an advanced level. All abilities welcome!

### **Boy Scout/Girl Scout Badge Program**

Is your Den, Pack or Troop looking to earn an Aquatics badge, belt loop or pin? Our staff will work with you to tailor a program to meet your exact needs and badge requirements. (does not include badges, belt loops or pins) Please contact Jennifer McClone for more information.

### **YMCA Lifeguard Training** (16+)

The YMCA lifeguard certification course provides the training necessary to become a certified lifeguard. The course includes CPR for the Professional Rescuer, AED, Oxygen Administration, First-Aid and YMCA Lifeguard Training. Attendance at ALL classes, successful completion of skills tests, and written tests of all course material is required to receive certification.

#### **Requirements for the course:**

- Must be at least 16 years old and have parental consent if under 18 years old.
- Swim continuous 500 yd swim
- Tread water for 2 minutes-legs only.
- Surface dive to 12 feet.

Checkout our website for more information on specialty swim programs.  
[www.statelinefamilyymca.org](http://www.statelinefamilyymca.org)





# YOUTH DEVELOPMENT

Sports are one way the Y nurtures the potential of youth and teens. Youth sports provide a structured opportunity for kids to learn the game, improve technique, stay active, build social skills, gain confidence and develop leadership. The focus is on teamwork in a positive environment where everyone plays and everyone is a part of the team.

## YOUTH SPORTS

### **Pee Wee Hoops** (3 - 6 Years Old) - Roscoe

**Friday (5:30PM, 6:30 pm or 7:30PM)**

Session I: January 6 - February 3

Session II: February 10 - March 9

Session III March 16 - April 20 (no games March 23)

Y Member \$20/session

General Public \$35/session

### **Youth 5 on 5 - Roscoe**

(grades 1-2)(grades 3-4) (grades 5-6) (grades 7-8)

**Saturday (between 10:15AM and 12:15PM)**

Please check locations at registration.

January 14 - March 3

Y Member \$30

General Public \$45

### **Co-ed Competitive Youth 5 on 5** (grades 3-4) - Roscoe

**Saturday (between 8:15AM and 1:00PM)**

January 14 - March 3

Y Member \$30

General Public \$45

### **Instructional Basketball** (8-14 Years Old) - Roscoe

**Thursday (5:00-6:00PM)**

Session I: March 8-April 12

Session II: April 19-May 17

Y Member \$30/session

General Public \$40/session

### **Mighty Mites Indoor Soccer** (3 - 6 Years Old) - Beloit

**Friday**

Session I: January 6 - February 3

Session II: February 10 - March 9

Y Member \$20/session

General Public \$35/session

### **Youth Indoor Soccer - Beloit**

(grades 1-2)(grades 3-4) (grades 5-8)

**Saturday**

January 14 - March 3

Y Member \$30

General Public \$45

### **Mighty Mites Outdoor Soccer** (3 - 6 Years Old) - Roscoe

**Tuesday (5:45-6:45PM)**

Session I: April 24 - May 22

Session II: June 12 - July 10

Y Member \$20/session

General Public \$35/session

### **Youth Outdoor Soccer** (7-10 Years Old) - Roscoe

**Tuesday (5:45-6:45PM)**

April 24 - June 19

Y Member \$30

General Public \$45

### **Mighty Mites Outdoor Soccer** (3 - 6 Years Old) - Beloit

**Saturday**

Y Member \$20/session

General Public \$35/session

### **Youth Outdoor Soccer - Beloit**

(grades 1-2)(grades 3-4) (grades 5-8)

**Saturday**

April 8 - May 27

Y Member \$30

General Public \$45

A YMCA reversible sports jersey is required for all YMCA sports. The cost is \$15



### **Zumbatomic - New 7 Week Session**

Zumba for boys and girls ages 7-10. Fun Music, Fun Dances, Fun Times!

TH 4:30-5:15PM

Y Member \$42

General Public \$60

### **Mighty Mites Youth Sports Classes**

These classes are 5 week sessions designed to introduce the basic concepts of the games of soccer, basketball, and baseball to children ages 3 and 4, and further develop those concepts for children ages 5 and 6.

W (Ages 3-4) and TH (Ages 5-6)

YMCA Member \$20.00

General Public \$35.00

# YOUTH DEVELOPMENT

## YOUTH SPORTS

**Youth T-Ball** (3 - 4 Years Old) - Roscoe

**Monday**

Session I: April 23 - May 21

Session II: June 11 - July 9

Y Member \$20/session

General Public \$35/session

**Youth Coach Pitch** (5 - 6 Years Old) - Roscoe

**Wednesday**

Session I: April 25 - May 23

Session II: June 13 - July 18 - no games July 4

Y Member \$20/session

General Public \$35/session

**Machine Pitch** (6 - 7 Years Old) - Roscoe

**Tuesday/Thursday (5:45-7:00PM)**

June 12 - July 12

Y Member \$25

General Public \$45

**Pee Wee T-Ball** (3 - 5 Years Old) - Beloit

**Thursday**

Session I: May 17 - June 14

Session II: June 28 - July 26

Y Member \$20/session

General Public \$35/session

**Girls Softball** - Beloit

(grades 2-5) (grades 5-8)

**Monday/Wednesday/Saturday**

June - July

Registration Deadline: March 17

**Summer Baseball** (5-19 Years Old) - Beloit

Registration Begins: February 4

Registration Deadline: March 17

**Volleyball Clinic** (grades 3-4) - Roscoe

**Monday/Wednesday (5:00-6:00PM)**

April 2 - May 9

Y Member \$30

General Public \$45

**Volleyball Clinic** (grades 5-6) - Roscoe

**Tuesday/Thursday (between 4:00-6:00PM)**

April 2 - May 9

Y Member \$30

General Public \$45

**Spring Dodgeball** (grades 1-8) - Roscoe

**Saturday (between 10:15AM-2:15PM)**

March 10 - April 14

Y Member \$20

General Public \$35

**Spring Dodgeball** (grades 1-8) - Beloit

**Saturday (between 8:30AM-12:30PM)**

March 17 - April 14

Y Member \$15

General Public \$25

A YMCA reversible sports jersey is required for all YMCA sports. The cost is \$15



Dance Classes Coming Soon!  
For more information visit us at  
[www.statelinefamilyymca.org](http://www.statelinefamilyymca.org)

## GYMNASTICS

### Preschool Lessons

**Tumble Tikes** (2 - 3 Years)

T 9:00-9:30AM

W 9:00-9:30AM

SAT 9:00-9:30AM

**Tumble Tots** (4 - 5 Years)

M/W 4:15-5:00PM

W 9:30-10:15AM

T/TH 5:00-5:45PM

T 9:30-10:15AM

SAT 9:30-10:15AM

**Super Starz** (4-5 Years)

M/W 4:30-5:30PM

### Youth (6-12 Years)

**Rollers** - Beginner

M/W 4:00-5:00PM

T/TH 6:00-7:00PM

SAT 9:00-10:00AM

**Swingers** - Intermediate

M/W 5:00-6:00PM

T/TH 5:00-6:00PM

SAT 10:00-11:00AM

**Kippers** - Advanced

M/W 5:00-6:30PM

T/TH 4:00-5:30PM

**Jr. Development** - Advanced

M/W 5:00-6:30PM

## TUMBLING

**Beginning Tumbling** (6-12 Years)

SAT 11:00AM-12:00PM

## OPEN GYM

**Recreational Open Gym**

Friday 6:00-8:00PM

Two hours of continuous fun for ages 6 through 13! This open gym is a non-structured, supervised time for children to practice skills and have fun!

YMCA Member \$6.00

General Public \$8.00

### Beloit Blazers Gymnastics Team Girls - Ages 5 and up

This is a competitive team for levels 3 and up. Competitions are held throughout Wisconsin from October to April with a National Meet in July. The competition format follows USA Gymnastics (USAG) guidelines.

To be part of the team you must be invited or successfully pass evaluation by a team coach and be a YMCA Member.



# HEALTHY LIVING



**Ann Hankins**

**Director of Health and Wellness**

(P) (608) 365-2261

(E) AHankins@statelinefamilyymca.org

Come connect with other members while you get a workout in one of our many group exercise classes, no matter your experience level. Choose from a variety of group exercise classes ranging from Cycle to Zumba to get a great workout, make new friends and reconnect with old ones.

## ADULT FITNESS

### **Absolutely Abs - Beloit**

An abs class for those truly focused on abdominal work as well as strengthening the back in relation to core strength for the body.

### **A.M. Fit Camp - Beloit**

A challenging early morning class for those who want variety and challenge. Designed for all levels.

### **Lesmills BodyPump® - Beloit/Roscoe**

The BodyPump™ revolutionary barbell workout challenges all major muscle groups. Class consists of squats, presses, lifts and curls as you strengthen, tone and define your entire body. You determine the level you'll work at by choosing the appropriate weights

### **Boot Camp - Roscoe**

High intensity workout to jump start your morning- includes anything from jumping rope, lifting weights, jogging to crazy games.

### **Cardio Kick - Beloit**

Martial arts and boxing combine with music in an energizing class. This is a no-contact class. All fitness levels.

### **Step - Beloit/Roscoe**

Move up and down and around the step with choreographed movements in this high intensity class. Resistance training and abdominal work is incorporated into this workout.

### **Core and More - Roscoe**

A fusion of exercises targeting buttocks, core strength and abs all in a 40 minute workout.

### **Cycling - Beloit/Roscoe**

A great indoor cycling workout. You will climb, sprint and train to great music and instruction.

### **Early Morning Special - Beloit**

Strengthen, stretch and tone! A variety of exercise routines for the early morning riser.

### **Pilates - Beloit/Roscoe**

Pilates mat exercises are used to develop core strength and flexibility

### **Mix It Up - Beloit**

This class uses a variety of exercises for a great workout.

### **Power Hour - Roscoe**

Work the upper and lower body to keep the workout fresh and fun while revving up your metabolism at the same time.

### **Recycled Teens - Beloit**

For the active older adult that wants to focus on strength, balance and cardio.

### **T.B.C. (Total Body Conditioning) - Beloit**

This intense athletic workout utilizes every kind of fitness equipment to give you a good cardio and strength workout.

### **Y's Way to Fitness - Beloit/Roscoe**

A beginning fitness class consisting of weights, floor exercises and a variety of exercises to improve your overall fitness level.

### **Senior Friends in Training - Roscoe**

A variety of exercises designed to increase muscular range of movement and abilities for daily living.

### **Silver Sneakers - Beloit/Roscoe**

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living.

### **Zumba - Beloit/Roscoe**

Latin inspired dance fitness class that incorporates Latin music and dance movements.

### **Zumba Gold - Beloit**

Uses the same fun dance styles and music. Designed for beginners or those who want to start at a slower pace.

### **20-20-20 - Roscoe**

20 minute cardio, 20 minute strength and 20 minutes of core combined for a great workout.

**Locations listed above are subject to change.  
Please check fitness schedules for times and  
availability every month.**

**Fitness schedules available at each Branch and  
on our website  
[www.statelinefamilyymca.org](http://www.statelinefamilyymca.org)**

# HEALTHY LIVING

## SPECIALTY FITNESS

### Yoga – Beloit/Roscoe

Create awareness of your body through poses that combine deep stretching with balance and concentration.

10 visit punch cards:

Y Members \$40

General Public \$72

### The Great Stateline Weight Loss Challenge – Beloit/Roscoe

Session I: January 9 – March 3

Session II: March 12 – May 5

A 8 week challenge that will put 2 teams from Roscoe and 2 teams from Beloit against each other. You will track your progress with journals and will participate in team challenges and workouts. This program led by certified Personal Trainers will also include weigh-in, periodic measurements and a Nutritionist Speaker.

Y Member \$150

General Public \$225

## WATER FITNESS

### Water Exercise – Beloit

This shallow water workout includes variations of upper and lower body resistive moves. As the participant, you determine your own intensity by deciding how hard to manipulate the water.

**M/W/F 8:00-9:00AM**

**M/W/F 9:15-10:15AM**

**T/TH 8:30-9:30AM**

**W 5:30-6:15PM**

### Water Combo – Beloit

This is an advanced water exercise class that includes a combination of kickboxing and resistance training.

**M 5:30-6:30PM**

### Deep Water – Beloit

Must be comfortable in deep water, wearing a floatation device. Intense workout.

**T 6:30-7:15PM**

### Aqua Zumba – Beloit

This is the "Pool Party" workout for all ages. Class includes safe, effective and challenging workouts that integrate the Zumba formula and philosophy into the traditional aqua fitness disciplines.

**TH 6:30-7:15PM**

### Senior Splash – Beloit

A great way to exercise your entire body without straining your back or joints. This class will improve your cardiovascular fitness, muscular strength, endurance and flexibility.

**M/W 1:00-1:45PM**

Adult Fitness and Water Fitness classes are FREE to all Y Members!

Fitness Punch Pass available for all Program Participants -10 Visit Punch Pass \$60  
-10 Visit Zumba Punch Pass \$30



## ADULT RECREATION

### Volleyball (18 and older) – Beloit

#### Thursday

Begins January 12

Registration Deadline: January 6

League Fee: \$115/team

### Racquetball (18 and older) – Beloit

Begins February 6

Registration Deadline: January 27

Y Member \$10

General Public \$30

### Men's 3 on 3 Basketball (18 and older) – Roscoe

#### Sunday

Begins February 12

League Fee: \$40/individual

\$140/team

### Women's Basketball League (18 and older) – Roscoe

#### Sunday

Begins February 12

League Fee: \$35/individual

**FOR YOUTH DEVELOPMENT**



Sign up for a Youth Swimming or Gymnastics Class and get \$5 off your next class! (1 coupon/family)

Expires April 16, 2012

**FOR HEALTHY LIVING**



**\$10 OFF**  
1<sup>st</sup> Time Personal Training Session

Expires April 16, 2012

**FOR SOCIAL RESPONSIBILITY**



Volunteer for our 23<sup>rd</sup> Annual Wellness Biathlon and receive a FREE T-Shirt.

Expires May 19, 2012

# Join Today and Save BIG!

**PAY THE DAY...**

**SAVE UP TO \$74!**

On January 1<sup>st</sup> enrollment fee is \$1. On the 2<sup>nd</sup> pay \$2 and so on.

**Don't Wait! Sign up today!**



**STATELINE FAMILY YMCA**  
1865 Riverside Drive  
Beloit, WI 53511

**Beloit Branch**  
1865 Riverside Drive  
Beloit, WI 53511  
608 365 2261

**Roscoe Branch**  
9901 Main Street  
Roscoe, IL 61073  
815 623 5858